

3 Steps to a Leaner Core

The 3 Key Concepts:

"The secret to getting (and maintaining) a lean midsection boils down to constancy in three areas. . ."

- Nutrition (60%)
- Cardio & Resistance Training (40%)
- Core Stability (10%)

Nutrition:

"A great core is made in the kitchen...not the gym!"

- Everyone has the genetic potential for a lean core
- Body fat around the midsection is the most dangerous type of fat...and the hardest to lose
- There is a direct statistical correlation between body fat % and those who skip breakfast daily
- Choose the right combinations of lean proteins, high & low-glycemic carbs and healthy fats
- Cut out junk & alcohol—or limit to no more than 8 units each week
- Use correct supplementation

Cardio:

"Cardio is great for your health and its ability to enhance intensity in the gym! Cardio **mobilizes** fat—resistance training **burns** it...you must do **both** to achieve your goals."

- Choose the correct amount of cardio to maintain lean mass and mobilize fat for your body type
- Cardio must be uncomfortable in order to be effective
- Choose the correct ratio of resistance training and cardio for your body type (*FITT principle*)
- Train a minimum of 3x/week

Core Stability:

"There isn't one exercise which is better than another—the secret is to do everything. The core's main job is to ensure that you have great posture . . . you will never 'crunch' your way to an awesome core."

- Choose exercises which will build a solid foundation of core stability and limit your choice of moves which involve spinal flexion

- Challenge the core by choosing a wide variety of exercises which involve your internal balance mechanisms, nervous system, and utilize 'functional' types of movements whenever possible

Caution ahead!!

"Beware of the quick fix! Any program or product that doesn't focus on the 3 concepts is a fraud. Getting (and staying) in shape is hard work, but isn't overly complicated either. It takes discipline and dedication to achieve any goal, and fitness is no different. By following the 3 concepts, building a support base and regularly seeking professional assistance when needed, you are guaranteeing your success!"